

HIGHLIGHTS

March 2004

A Children & Youth Services Newsletter for Volunteers & Mentors of CYS-Project Together

Vol. XIV, No. 3



Save the Date for Evening of Fun

*CYS-Project Together
mentors and volunteers
will be honored
on Wednesday, April 28
during the
Annual Volunteer
Recognition Dinner*

*The event will begin at 6 p.m. at the
UCI University Club on the
UCI Campus.*

*A special night of celebration, fun,
and a few surprises are planned. Please
look for your invitation in the mail soon.*

Therapist Spotlight—DeAnn Richter

A Strong Proponent of Therapeutic Teamwork

"Seeing change in a client's behavior is the most rewarding part of my job," according to DeAnn Richter, Marriage and Family Therapist and Clinical Supervisor for Western Youth Services in Fullerton. Having worked with children and their families in a variety of settings, DeAnn believes that mentors can help to facilitate this positive "change." Through a collaborative effort with the Children and Youth Services-Project Together mentors and Volunteer Coordinator, Sunney Shin, DeAnn has had an opportunity to witness the benefits a mentoring relationship can provide her clients.



DeAnn initially requested a mentor for a client because she believed the youth would benefit from the one-on-one attention a mentor provides. Since that time, she has worked with several mentors, including one woman who enthusiastically mentors two siblings. According to DeAnn, this mentor provides opportunities for the girls they would otherwise not experience, including a visit to the Long Beach aquarium, the local library to participate in holiday activities and excursions to the beach.

Providing support and motivation, DeAnn has taken an active role in guiding this mentor. In turn, the mentor has kept DeAnn informed regarding behavior changes exhibited by the girls, as well as the progress they are making. "DeAnn is always there for us," according to Susan Payne, a mentor who has worked with DeAnn since July of 2003. Susan enthusiastically reports that DeAnn is "a caring individual who has been there for me and always takes into consideration our (client and mentor's) best interest."

DeAnn's ambition to become a Marriage Family Therapist was the result of a difficult accident that left her in need of physical, occupational, and mental health therapy. From this experience, DeAnn developed a strong desire to help others, especially the handicapped. In 1996, DeAnn began working as a trainee for Western Youth Services. It was also at this time that she cultivated a desire to work with children. Her experiences with children include working in a variety of school settings, providing social work services, and serving as a clinical therapist for foster

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Signs of Mentor Success

The following information is excerpted from "Benefits to Mentees and Mentors-Signs of Success," a publication produced by the State of California Alcohol and Drug Programs. The state's Alcohol and Drug Program also offers a helpful website that contains several other publications, available for downloading, that could be useful to mentors. To reach the website visit www.adp.ca.gov.

Mentors frequently ask "Am I making a difference?" The following are some of the signs of progress that can be considered successful in a mentor/mentee relationship:



Benefits to Mentees

Mentors may observe signs of success from their mentees as a result of the relationship. Teachers may also notice the same improvements. Remember, the key is PATIENCE. Every relationship is different.

- Improved attendance
- Improved eye contact
- Raising a hand more often in class
- Increased communication
- Taking more risks in class and with friends
- Smiling
- Improved interactions with peers
- Happier at school
- Improved appearance
- Increased consideration of others
- Decreased hostility
- More enthusiastic
- Fewer trips to the principals office
- Reduced detentions
- Improved attitude
- Improved academic performance
- Paying more attention
- Opening up to the mentor



Benefits to Mentors

Mentors make a difference in the lives of at-risk youth. Some of the personal benefits mentors have identified are:

- Happier when they return to the workplace
- Fulfilled as a result of their commitment as a volunteer in the community
- A greater understanding of the community's educational system and education related issues
- Greater self-esteem for having positively impacted another's life
- Improved relationships with their own families
- Often become a more productive member of the workforce.

Bowling Outing Planned for End of Month

Do you think you have what it takes to talk "turkey"? Are you prepared to strike, strike, strike or are gutter balls your claim to fame? No matter what your skill level is, bowling is just plain fun!



Mentors and mentees are invited to try their skill at the game as CYS-Project Together hosts the first mentor outing of 2004! The event is planned for a Saturday near the end of March. Lunch will be included. Flyers detailing the time and location will be mailed soon. Hope to see you there.

Therapist Spotlight

(continued from page 1)

children. DeAnn holds a Bachelor of Arts Degree in Criminal Justice from California State University, Fullerton and a Master of Science in Counseling from California State University, Long Beach.

DeAnn is a committed member of an important team that is working to make a difference in the lives of children. She has worked consistently to form a cohesive partnership between the client, the client's family, and the mentor, and always enjoys the opportunity to acknowledge the positive "changes" she observes in her youthful clients.

*"We make a living by what we get,
we make a life by what we give."*

Winston Churchill

MARCH 2004 Calendar of Events

The CYS-Project Together Calendar is a collection of affordable, fun, wholesome and interesting events that can be enjoyed by children, teens and adults.

Thursday-Saturday March 4-6 Sugar Plum Arts & Crafts Festival

Orange County Fair & Exposition Center
Building #10
88 Fair Drive
Costa Mesa
<http://www.sugarplumcrafts.com/>
The handcrafted work of hundreds of artisans is available for sale at this unique festival. Items range from one-of-a-kind clothing to objects for the home.
Time: Thursday and Friday
9 a.m.-9 p.m.
Saturday, 9 a.m.-4 p.m.
Cost: Free



Saturday, March 6 Patriot's Day Parade

Downtown Village Area
Laguna Beach
(949) 494-1018
This annual parade features local entries by community groups and organizations.
Time: 11 a.m.-1 p.m.
Cost: Free

Saturday, March 6 Santa Ana Zoo's Birthday

1801 E. Chestnut Ave.
Santa Ana
(714) 836-4000



Help celebrate the Zoo's birthday with crafts, elephant express, storytelling and much more.

Time: 10 a.m.-4 p.m.
Cost: Adults \$4
Children 3-12 \$2

Friday-Sunday March 5-7 Gem, Jewelry and Bead Show

Orange County Fair and Exposition Center
Building #12
88 Fair Drive
Costa Mesa
(760) 747-9215
Stroll throughout the many exhibits of gems, jewelry, beads and much more.
Time: Friday,
Noon-7 p.m.
Saturday, 10 a.m.-7 p.m.
Sunday, 10 a.m.-5 p.m.
Cost: Adults \$5
Children Under 12 Free



Saturday-Sunday March 6-7, March 13-14 33rd Annual Festival of Whales

Dana Point Harbor
Dana Point
(888) 440-4309
www.dpfestivalofwhales.com
A special festival to celebrate and learn about the migration of the California gray whale from Alaska to Baja and back. Includes a street fair, children's carnival,

pancake breakfast, art festival and demonstrations.

Time: 10 a.m.-5 p.m.

Cost: Most activities are free



Thursday, March 11 St. Patrick's Day Celebration

Downtown Anaheim Farmer's Market
Intersection of Center Street Promenade and Lemon
Anaheim
(714) 956-3586
www.downtownanaheim.com
An authentic celebration with Irish dancers, food and music featuring the "Hooligans" band.
Time: 9 a.m.-1:30 p.m.
Cost: Free



March 12-April 3 Gypsy

Westminster Community Theatre
7272 Maple Street
Westminster
(714) 527-5546

The ultimate backstage musical about an aggressive stage mother who drives her daughter into show business and keeps pushing until one of them is a star. This

continued on page 4

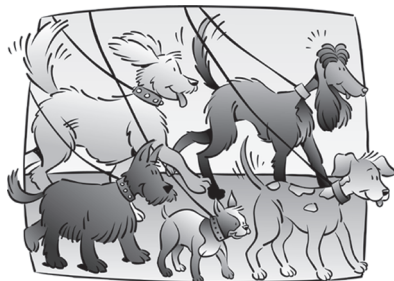
Calendar of Events *(continued)*

jewel of the American musical theater is the story of young Gypsy Rose Lee and features an outstanding musical score filled with standards.

Time: Fridays and Saturdays, 8 p.m.

Matinee on March 21, 2 p.m.

| | | |
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| Cost: | General Admission | \$17 |
| | Students with ID | \$16 |
| | Children under 15 | \$15 |



Saturday, March 13 11th Annual Wag-A-Thon

Dana Point Harbor Island
Dana Point
www.arfpets.org/events/2004_wag/days_events

This fun-filled family pet event is sponsored by the Animal Rescue Foundation of Dana Point and Friends of the San Clemente Animals as a fundraiser. Events include a 4K walk with dogs, pet contest, pet celebrities, exhibits, entertainment and more.

Time: 8:30 a.m.-1 p.m.

| | | |
|-------|---------------------------------------|------|
| Cost: | Registration for the 4K walk with dog | \$25 |
| | Free to non-participants | |

Sunday, March 14 UCI Chamber Winds Concert

Winifred Smith Hall
University of California, Irvine Campus
Irvine
(949) 824-2787

Call for tickets and more information

Time: 2 p.m.

Cost: Free

Friday-Sunday March 19-21 Return of the Swallows Celebration

Mission San Juan Capistrano
San Juan Capistrano
(949) 234-1300, ext. 322
www.missionsjc.com/swallowsfest

A festival of colorful entertainment, food, displays and the ringing of the Mission Bell to celebrate the swallow's annual return to Capistrano.

Time: 8 a.m.-5 p.m.

| | | |
|-------|----------------------|-----|
| Cost: | Admission to Mission | |
| | Adults | \$6 |
| | Seniors 60+ | \$5 |
| | Children 3-11 | \$4 |

March 24-April 10 Gardens of Giving

Fashion Island
Newport Beach
(949) 721-2000

Fashion Island will be transformed into a giant flower display to celebrate the launch of spring. Weekend festivities include guest speakers, live entertainment and more.

Time: Ongoing

Cost: Free



Ongoing Fossils in the Fast Lane

Old Orange County Courthouse
211 W. Santa Ana Blvd.
Santa Ana
(714) 973-6604
www.ocparks.com/oldcourthouse/

Our very first "residents"—dinosaurs, mammoths, hippos, camels, horses, and an animal similar to the manatee, called Orange County home millions of years ago. As a result of the construction of the Toll Roads Eastern Transportation Corridor, their fossilized remains were unearthed and are now on display at this unique museum.

Time: Monday-Friday, 9 a.m.-5 p.m.

Cost: Free

**Mentors may use the Harbors Beaches & Parks passes for entry and parking at County of Orange facilities. Special events may have an additional fee.*

"Small things, done with
great love, bring joy and
peace."

Mother Teresa

HAPPY BIRTHDAY

| | |
|-------------------|------|
| Sharon Claudius | 3/2 |
| Mark Marshall | 3/3 |
| Kevin Truong | 3/3 |
| Marci Ellingson | 3/10 |
| Natalie Rodriguez | 3/13 |
| Lucy Valdez | 3/17 |
| Robert Baker | 3/26 |
| Margaret Robinson | 3/28 |
| Mayra Rico | 3/31 |

Mentoring Matters

WELCOME NEW MENTORS

| | |
|-------------------------------|---|
| South/Costa Mesa | Maryam Ali Alicia Steward Rose Singh Amanda Severs Nicole Calcagno Jeanne Chui |
| East | Carlos Mendez |
| West | Tammy Ramirez Kathryn Tanner Rematch-Joleen Sagan |
| Aspen | Rematches Viviana Paredes Breeze Alcantara Jennifer Coombs |

THANKS TO THOSE WHO HAVE MOVED ON

| | |
|-------------------------------|----------------|
| South/Costa Mesa | Heather Murphy |
| Aspen | Kanita Allen |

There's More Than One Way to Hug a Child...

The staff and clients of Children and Youth Services (CYS) and CYS-Project Together deeply appreciate the wonderful support provided by many local businesses and organizations. Our affiliation with the Mental Health Association of Orange County allows us to accept and distribute community resources that are an important asset in the therapeutic process for all the children we serve. Each month, we extend our thanks and give recognition to our caring donors.

Davine Abbott
Mission Viejo

Adrienne Davalos
Santa Ana

Peggy Evans
Newport Beach

Greg Koch
Santa Ana

Ralphs Grocery Company
Irvine

Statek Corporation
Orange

Mentoring Tips and Tidbits

Be a Friend Rather Than an Authority

The following tip was taken from "2-Minute Mentor Tips" by Youth Mentoring Connection.

Be the adult in your mentees life that is just there for them, without having to fix them. Hanging out and conversing with them is surprisingly developmental for the youth. Young people learn more "conversing" with adults than they do "listening" to them. In the words of a mentee: "my parents lecture me all the time...why would I want my mentor to be the same way. I have the best mentor in the program, but sometimes he tries too hard to be a 'mentor,' instead of just being himself. What I mean is that he thinks he always has to share some wisdom or advice, when sometimes I would rather just have fun and joke around."

Of course, when your mentee comes to you for advice, it is appropriate to help them develop solutions. It's also okay to check in with them if you suspect that they are struggling with something. They just don't want non-stop advice. So, take the pressure off of yourself and just enjoy your mentee's company.

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Children and Youth Services/Project Together
405 W. 5th St., Suite 436
Santa Ana, CA 92701
(714)796-0100

CYSPT@ochca.com
www.ochcahealthinfo.com/behavioral/cyspt

Contributors To This Issue:
Nancy Robins
Sunney Shin

To submit an item for the Newsletter,
please call (714)796-0100 or email
cyspt@ochca.com.

How to Contact Children and Youth Services—Project Together

General Information

Phone: (714) 796-0100
Website: www.ochealthinfo.com/behavioral/cyspt
Email: CYSPT@ochca.com

Central Staff

Sharon Modaff, Service Chief I (714)796-0100
Nancy Robins, Program Supervisor I (714)796-0115
Martha Murphy, Volunteer Coordinator (714)796-0121
Peggy Evans, Volunteer Coordinator (714)796-0117

Regional Volunteer Coordinators/Resource Specialists

East—Veronica Chavez (714)480-6756
North—Sunney Shin (714)577-5422
South/Costa Mesa—Jonathan Schiesel (714)850-8444
South/Laguna/Mission Viejo—Lee Boon (949)499-8614
West—Diane Prescott (714)896-7509
Aspen—Adrienne Davalos (714)565-2830

The Health Care Agency/Behavioral Health Services/Children and Youth Services provides mental health treatment for emotionally and behaviorally disturbed youth and their families throughout Orange County. CYS-Project Together is a volunteer mentor program for CYS children and teens. The program also offers supportive resources to clients and families to assist them in achieving treatment goals. The program operates cooperatively with its community partner, the Mental Health Association of Orange County.



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County of Orange Health Care Agency
Behavioral Health Services/Children & Youth Services

CYS-Project Together *Highlights*

405 W. 5th Street, Suite 436
Santa Ana, CA 92701

CYS-Project Together provides mentors and supportive services to clients of Children & Youth Services

